

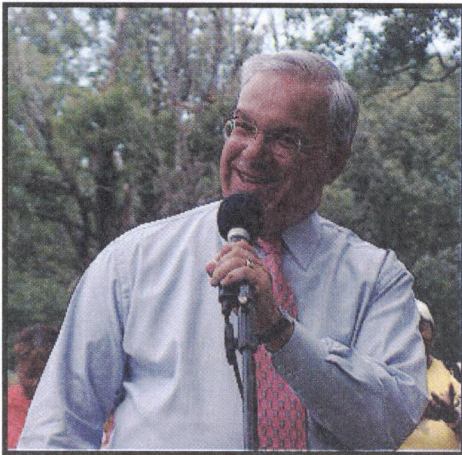
BOSTON SENIORITY

Thomas M. Menino, Mayor of Boston

VOLUME 30 HOLIDAY EDITION NUMBER 1



MAYOR'S COLUMN



As the holiday season approaches and the nights get colder, it is important for us to think of others who may not have a hot meal or a warm place to call home. That is why the City of Boston continues to work with many organizations to help raise money and collect food for hunger relief especially during the winter season.

For the past month, City Hall departments, the Boston Public Schools, community organizations and companies across our city have been raising money and collecting food donations for the city's annual CanShare food drive. Last year we raised over 86,000 pounds of food – which resulted in over 111,000 meals for people. This year's food drive runs until Monday, December 5th and I hope that everyone who is able to contribute does so in some way to those who are less fortunate this holiday season. Every can

counts. Cans can also be donated at your local post office or FedEx offices.

We have several partners in this effort and I would like to thank Project Bread who continues to be a great partner when it comes to feeding the homeless, the Boston Public Library for hosting Canstruction this year and Federal Express who is helping to transport the food donations to the Greater Boston Food Bank.

I'm also proud of the partnership between the City of Boston and the Boston Rescue Mission. For over 100 years, the Boston Rescue Mission has provided housing and services to the homeless. They know – as I do – that emergency shelter is not a solution. What people really need is permanent housing and jobs that pay a living wage.

Every year the Boston Rescue Mission with Reverend John Samaan and his staff do their part to ensure that everyone has something to be grateful for during the holiday season by providing meal baskets and Thanksgiving dinners. This is the 10th year that I will join them at their Day of Thanks event.

Earlier this month, I announced a new funding partnership that will lead to the formation of a new Homelessness Prevention Clearinghouse. This new initiative will increase coordination and effectiveness among more than 35 organiza-

tions in our city that work tirelessly to end homelessness in the most humane and cost effective way possible: by preventing it from happening in the first place.

My Administration is working with a number of community-based organizations to pool our resources to end homelessness in the city. Another one of my new initiatives will be a three-year effort to link our street outreach agencies, elder services network and elder housing advocacy organizations. The idea emerged in response to the devastating number of elderly we saw on the streets last winter as we did our annual homeless census. No elderly person should be spending their twilight years sleeping in the shadow of a doorway or a darkened alley.

We are 25 years into a protracted national scandal of homelessness due to a lack of resources for affordable housing, and our city's shelters are fuller than ever. Shelters have become a destination for too many people. As committed and compassionate as advocates and shelter staff are, we all know that a shelter is no place to call home. It's time to stop doing business as usual. If Hurricane Katrina taught this Nation anything, it should be that when we neglect the basic infrastructure, housing and economic support that low-income people need, we pay a far greater cost for the crisis that follows.

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Boston Seniority

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City of Boston Commission on Affairs of the Elderly



*Mayor Menino
Commissioner
Greenberg
&
The Elderly
Commission Staff
Wish all of you*

*Holiday Tips
to keep you safe and sound this
holiday season*

*Beware of Holiday Charitable Donation Solicitors.
Never donate money over the phone.*

Be Kitchen Wise

Never leave cooking unattended. Use oven mitts and wear clothes with tight-fitting or rolled-up sleeves when you cook. Use a timer to remind you to turn off burners and the oven. Keep stove surfaces free of clutter and built-up grease. Don't cook if you've been drinking alcohol or taking medication that makes you drowsy.

Smother a Grease Fire

If a pan of food catches fire, using a pot holder, carefully slide a lid over it and turn off the burner. Keep lid in place until cool.

Give Space Heaters Space

Keep portable heaters and space heaters at least three feet (one meter) from everything... including you. Just brushing against one could set your clothing on fire.

**Benefits of Eating Seasonal
Fruits and Vegetables
by
Melissa Carlson, MS, RD**

Fall is in the air. It is a great time to eat fall fruits and vegetables. You will get essential vitamins and minerals. These vegetables are cost friendly and available at local farmers markets. Here are some fruits and vegetables that are ripening and available during September, October, and November:

Apples

Living in New England we all know the joys of apple picking. Beyond getting fresh air, exercise, seeing the countryside and leaf peeping, we are able to enjoy crisp juicy apples. Apples are a great source of fiber, Vitamin C and Potassium. Jonathan, Empire and McIntosh are excellent baking apples. Gala, Fuji and Jonagolds, which blend characteristics from Jonathan apples with those of Golden Delicious, are great eating apples.

Cruciferous Vegetables

Now is a great time to try broccoli, cabbage, cauliflower, brussel sprouts, and Bok Choy. They are in season and are packed with Vitamins A and C, Calcium, and phytochemicals that have anticancer properties. Broccoli is best when the florets are compact, uniformly colored

(no yellowing) and the stems should be firm. Cabbage is great eaten raw in salads, steamed, boiled or added to stir-fry's.

Winter Squash

Winter squash comes in all shapes, sizes, colors, and flavors. Now is a great time to have some butternut, acorn, spaghetti, buttercup, hubbard and calabaza. Pumpkin is part of the gourd family, as well, and is prepared similar to winter squash. The winter squashes are excellent sources of Vitamin A (as beta-carotene), a very good source of Vitamin C, potassium, dietary fiber and manganese. The nutrient beta-carotene has been found to have powerful antioxidant and anti-inflammatory properties. Antioxidants help keep the immune system healthy and reduce the risk for cancer and other diseases.

Pears

Alternatives to the apples available in the fall are pears. Pears are one of the few fruits that do not ripen completely on the tree, but after they have been harvested. They ripen from the inside out so you test the ripeness by pressing gently near the stem, if it gives to gentle pressure it is sweet, juicy and ready to eat.

Fall is a great time to re-visit some excellent tasting seasonal fruits and vegetables. Test some old family recipes and create new ones by adding some spices

and experimenting with how you cook fruits and vegetables. You can visit the local farmer markets instead of supermarkets to get a better buy on seasonal foods. The local farmers will probably share secrets on ripeness tips and their own recipes. Have fun with the season.

Other fruits and vegetables to look for during the fall season: celery root, chicory, cranberries, cucumbers, dates, fennel, grapes, greens, mushrooms, sweet potatoes, nuts, okra, mandarin oranges, chili and sweet peppers, persimmons, pomegranates, quince, shallots, spinach, and star fruit.

**Mayor's Column Continued
from page 2**

I may not have all the answers – and I certainly don't control all the resources – but I know that my administration has never wavered on the importance of funding housing and services for the homeless. And I promise you that the city will never become complacent on this issue – not as long as I'm Mayor. We will continue to seek solutions geared toward ending homelessness while still fighting to maintain that critical safety net. Because everybody deserves the chance to make it, and a safety net should be there for those who still need it.

**I wish everyone
a safe and happy
holiday season~**

50th Wedding Anniversary

*By Kali Borrowman AmeriCorps*VISTA*



Mr. and Mrs. Ralph Browne

Annually, the City of Boston brings couples together in order to acknowledge their love and dedication, without which the foundation of a lifelong marriage would not be possible. This year, several Boston seniors celebrated an important marital milestone: 50 years or more of wedded bliss. On Wednesday, October 26, 2005 at the Omni Parker House, 93 Boston couples gathered to mark this momentous occasion. Each couple that attended celebrated an anniversary of at least 50 years.

As couples arrived they were greeted with a warm welcome from the Commission on Affairs of the Elderly staff and volunteers, as well as the friendly hotel staff. Guests went up to the Mezzanine level and entered registration. Once they checked in, each person received a beautifully yellow corsage or boutonniere. Then the couples enjoyed a social hour filled with good conversation, mingling to find their friends, delicious hors d'oeuvres, and photographs by a profession-

al photographer so that they can look back to remember the event.

Then, after enjoying the social hour, the couples began to go up stairs to the Rooftop Ballroom. As they entered the room, you could see the look of delight on their faces as they saw how beautifully decorated the room was. Tables were numbered so that guests could find their seat easily. Couples were seated with others from their neighborhood. Many couples even knew the other couples that they sat with! As they got settled, they enjoyed music from Four Guys in Tuxes. Four Guys in Tuxes did a wonderful job entertaining the crowd and playing music for everyone to enjoy.

Dinner was served, and the couples enjoyed a feast made by the famous Omni Parker House. As the guests ate, Eliza F. Greenberg, Commissioner on Affairs of the Elderly greeted the couples. Next Greenberg introduced Mayor Thomas M. Menino. Mayor Menino himself has 39 years of marriage with his wife Angela who also was there to honor our Golden couples. Mayor Menino ended by wishing each couple in the room a "happy next 50 years" of marriage. Next the Commissioner introduced Richard Mason, the General Manager of the Omni Parker House. Mr. Mason told interesting stories about the history of the hotel. He even mentioned that this year (2005) is the 150th

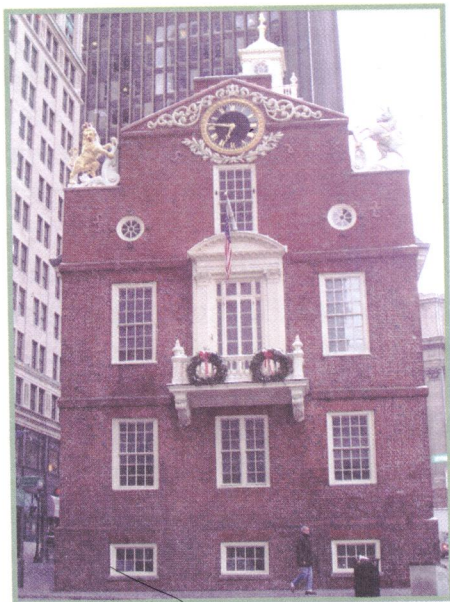
Anniversary of Omni Parker House. He then announced that amazingly Lawrence and Joan Headle, an attending couple who celebrated their 50th anniversary this year, had been married in the very same ballroom 50 years prior, in 1955, on the 100th Anniversary of Omni Parker House!

After the applause died down from this special announcement, it was time to cut the cake. Each year the couple in the room that has been married the longest receives the honor of cutting the cake with Mayor and Mrs. Menino. This year the dedicated couple was Solomon and Esfir Mochan. Mr. and Mrs. Mochan have been married for 70 years! The couples enjoyed cake, and then danced the afternoon away. As I talked with the couples on their way out of the ballroom, each person told me what a wonderful time they had. The couple at each table that had been married the longest got to take home the beautiful centerpiece donated by City of Boston Parks and Recreation Department. Each couple received a special gift from Mayor Menino: two royal blue champagne flutes with the City of Boston seal. What a wonderful way to remember this event! The Golden Wedding Anniversary Celebration was a huge success!

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JUST BROWSING

By Mel Goldstein



Old State House, Boston

Although I have already written about Scollay Square, I have touched on a few other neighborhoods in bygone days and of the vestiges that still exist. The streets and squares might still be there but the people and places of interest are long gone. You will notice I refer to them not as businesses, but places of interest.

“Dad, what was it like growing up in the ghetto?” I was appalled when one of my daughters asked me this question a few years ago. When I retorted by asking her what did she refer to as a ghetto? She reiterated that the fact the Roxbury, Dorchester and Mattapan for the past 25 or 30 years have been referred to in that context.

What a great question! I don’t know about others who have that area as their background, but I never thought of that little

bit of heaven as a ghetto!

How many wonderful years were spent walking the Avenue; sitting on the wall on Franklin Field; and shopping in the Prime Market. My first pair of long pants came from Silverstein’s Department Store. I can remember like yesterday eating corned beef sandwiches at the G & G; getting my Gatkes (underwear) in Braverman’s for my trousseau; the high holidays on Woodrow Avenue; the Grand Rabbi Korff Shulke on Simchas Torah; Rabbi Rose from Agudath, Israel and his beautiful daughters; the wonderful aromas from that great mix that comprised what I would love to see again, but is gone, but still lives in my memory. “Ghetto?” Baloney!

Let us start with those places that I knew best from Mattapan Square to Blue Hill Avenue. When every storefront was occupied and the vacancy rate was nonexistent. There was McLellans, Roxbury Theatre, the Rivole Theatre, and Timothy Smith’s Department Store. There was Blairs Market, Wellworth Market, the Beacon Stores, Fanny Farmers, and the Humboldt Theatre, and the Warren Theatre - all around Dudley.

And on to the South End – from Northampton to Dover we had the Checker Smoker, Folsom’s Market, Jack’s Men Shop, Touchy Goldman’s News Stand under the “EL”, Harry the Greek

Men’s Store, the Premiere Restaurant, the Cobb Theatre and the Langham and Woodcock Hotel. What lovely upscale places!

It seems like it was 100 years ago and in a weird dimension when I had a jolting reminder of the depression days. A homeless unfortunate approached me with an up-ended hat that held only dollar bills and asked for a donation. What an epiphany. Talk about inflation. Those dark dismal days when they asked for pennies and a nickel was a big tip. Enough of those 5-cent tips and you went into business. You made a shoe shine box - a nickel a shine. Plus, if you were lucky, a tip of 5 cents – a whole dime. WOW!

Oh what a time it was: marathon dances, flag pole sitters, free dish night at the movies and lucky bingo, Saturday matinee toy giveaways plus the Saturday serials....all accompanied with the brown bag lunch that wreaked of garlic and grease stains. What about Nickel Day at Revere Beach – all rides for 5 cents with coupons from the Daily Record. Fire sales held in advance?! How do you start a flood?

Who can forget depression days? Who wants to be reminded?

When you try to tell your children what times were like, “in those days,” they look at you with disbelief in their eyes and

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ATTENTION CAREGIVERS!

Looking to talk to other caregivers? If you are providing care to an individual over the age of 60 or to a grandchild, there is support for you. Come join other caregivers for refreshments and discussion in a supportive, comfortable, and confidential setting. These groups allow caregivers to meet other caregivers, explore care-giving resources and learn how to overcome caregiver stress. Find a caregiver support group close to you that fits your needs as a caregiver. Before attending any of the following groups, please call the contact person listed. If you would like any additional information on caregiver support services, please call Boston Elder Info at 617-292-6211 or the Elderly Commission at 617-635-2713.

CAREGIVER SUPPORT GROUPS

Jamaica Plain

Ethos Breakfast and Support Group

Last Tuesday of the month
9:30a.m.-11:30a.m.

Woodbourne Apts.

Contact: Leslie Ahern
(617) 522-6700 ext. 376
Lahern@ethocare.org

Roxbury

Third Friday of the month
10:00a.m.-11:30a.m.

Ruggles Street Assisted Living
25 Ruggles Street
Contact: Mathis Lemons (617)
277-7416 ext. 138

MLemons@centralboston.org
Allston/Brighton

Second Friday of the month
1:00p.m. – 2:30p.m.

Veronica Smith Senior Center
Contact: Mathis Lemons (617)
277-7416 ext. 138

Mlemons@centralboston.org

Roslindale/West Roxbury

Third Thursday of the month
6:00p.m.-7:30p.m.

Boston Center For Rehabilitation

1245 Centre Street

Contact: Leslie Ahern (617)
522-6700 ext 376

Lahern@ethocare.org

Alzheimer/Memory Impaired
Support Groups

Dorchester

First Monday of the month
7:00p.m.- 8:30p.m.

Kit Clark

1500 Dorchester Avenue
Contact: Donna Allen, R.N.
(617) 825-5000
dallen@fdnh.org

ALZHEIMER'S ASSOCIATION SUPPORT GROUP CON- TACTS

Boston

Barbara Hawley Maxam
617-724-0055

Maureen Tardelli
781-391-7878

Brighton

Naomi Kasner 617-789-2783

Jamaica Plain

Susan Kelley 617-868-6718 ext
2020

LGBT SUPPORT GROUP

Jamaica Plain

First Monday of the month
6:00p.m.-7:30p.m.

Ethos

555 Amory Street

Jamaica Plain, MA 02130

Contact: Joanne Peskowitz
(617) 271-4182

*This group is open to all who
are caring for an LGBT elder, an
LGBT elder caring for a partner
or friend of any LGBT interested
in attending.

GRANDPARENTS RAISING GRANDCHILDREN SUPPORT GROUPS

Jamaica Plain

1st and 3rd

Tuesday of the month
10a.m.-12p.m.

MSPCC

157 Green Street

Contact: Charity Bell (617) 983-
5800

cbell@mscpp.org

Dorchester

Second Thursday of the month
10:30p.m. – 12:00p.m.

214 Harvard Street

Contact: Grace DeSouza (617)
277-7416 ext.106

Gdesouza@centralboston.org

Roxbury

Third Friday of the month
10:30p.m. – 12:00p.m.

285 Martin Luther King Boule-
vard

Roxbury, MA 02119

Contact: Grace DeSouza (617)
277-7416 ext.106

Gdesouza@centralboston.org

Charlestown

Third Wednesday of the month
10:30a.m. – 12:00p.m.

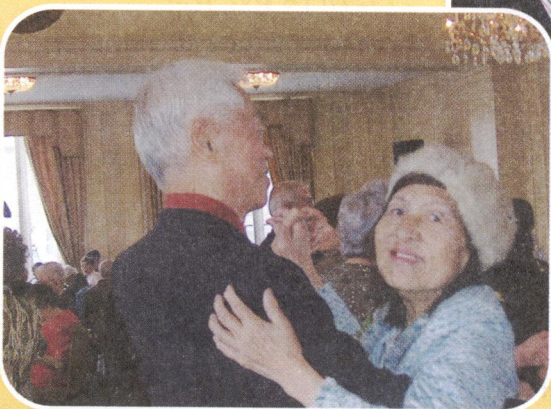
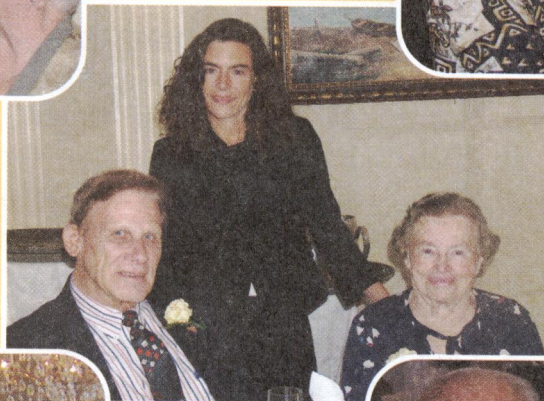
6:00p.m. – 7:30p.m.

89 Medford Street

Charlestown, MA

Contact: Grace DeSouza
(617) 277-7416 ext.106

50th Wedding Anniversary



Golden Anniversary Couples and Number of Years Married

Listed by Neighborhood

Allston

William & Elizabeth Danner -- 50 years
 Russell & Leah Guertin -52 years
 Robert & Joan Haperty 50 years

Boston

Ya Chiang Chen & Shuai Suai Tal -- 50 years
 Zidian Chen & Youzhao Zhang -- 50 years
 Chung Nin Choi & Thiu Tsang Choi -- 68 years
 Xianyin Deng & Xueyuan Zhu -- 60 years
 Jin Tang Gong & Xiubicui Gong -- 62 years
 Igor & Irina Karlin -- 57 years
 Isaak & Molya Kupets -57 years
 Chan Lai & Wai Lan Lee-55 years
 Ke Zhi Liang & Cai Rong Yu -60 years
 De He Liao & Fu Xin Li -52 years
 Fu Kang Lin & Lian Kai Zhou -- 55 years
 Boris & Lyubov Likhovecsky -- 56 years
 Rouqiu Liu & Ni Shu Ying -- 62 years
 Jianxiang Li & Huan Ying Chen -- 51 years
 Ru Liu & Juan Huang -- 52 years
 Bing Ruan & Pik Kew --55 years
 Solomon & Esfir Mochan -70 years
 Hung H. Moy & Chui Y. Yong - 64 years
 Solomon & Anna Ushomirskiy -- 54 years
 Martin & Phyllis Vogel -- 52 years
 Zhaozhen Wu & Judy Chen -- 54 years
 Sik Lun Yan & San Fong Wong -- 53 years
 Chang Qing Yang & Chun Fu Zhao -- 50 years
 Xing Ren Zhao & Dao Xian Kong -- 51 years

Brighton

Douglas & Ita Bridges -- 55 years
 Francis & Genevieve Burke -- 54 years
 Harry & Sophie Choharris -- 60 years
 Nuam & Mariya Dayen -- 56 years
 Emilio & Rosa DiCicco -- 51 years
 William & Teresa Farmer -- 51 years
 Simon & Polina Genel -- 51 years
 Mikhail & Ida Kopolev -- 51 years
 Ilya & Irina Magid -- 51 years
 Mora & Polina Rozenblat -- 54 years
 Henry & Eleanor Sennorr -- 56 years

Charlestown

Bernie & Rita Kelly -- 50 years
 Lawrence & Joan Headle -- 50 years
 Reggio & Marguerite Randazaa -- 59 years

Dorchester

Donald & Fannie Banks -- 52 years

Ralph & Wilma Browne -- 54 years
 Edward & Thelma Burns -- 50 years
 Oswald & Barbara Fitzpatrick -- 50 years
 Israel & Mary Lockhart -- 60 years
 Louis & Gertrude Miller -- 57 years
 Hoa Van & Nhung Thi Nguyen Ngo -- 53 years
 Walter & Doris Pienton -- 55 years
 Winston & Dolores Pierce -- 55 years
 Harvey & Alice Sanford -- 55 years
 Prescott & Marilyn Thompson -- 50 years
 Edward & Haroldine Tyler -- 55 years
 Herman & Lois Wells -- 58 years
 Robert & Mary Wright -- 50 years

East Boston

Salvatore & Mary Alessandroni -- 50 years
 James & Rose Aloisi -- 56 years
 George & Angela DeDomenico -- 55 years
 Augustus & Carmen Gatti -- 50 years
 Dominic & Carmela Mercurio -- 56 years
 Jospeh & Faye Pelosi -- 55 years
 Nelson & Norma Piacenza -- 52 years
 Donald & Bernice Surette -- 50 years

Hyde Park

Jospeh & Anna DeLuca -- 51 years
 Joseph & Mary DeMeo -- 50 years
 Frank & Mary Esposito -- 55 years
 George & Elizabeth Lang -- 50 years
 John & Theresa Leoncello -- 58 years
 Michael 7 Frances Miscioscia -- 65 years
 Walter & Marie Mulloney -- 50 years
 George & Anne Quagenti -- 55 years
 John & Lillian Rau -- 59 years
 Francis & Blanche Sabina -- 56 years
 Albert & Jeanne Santelli -- 51 years
 Edward & Blanche Zak -- 56 years

Jamaica Plain

Ben & Rose Cioffi -- 57 years
 Leo & Jane Conley -- 51 years
 William & Eileen Hart -- 58 years

Mattapan

Wesley & Angelina Demling -- 59 years

North End

Anthony & Sona Frissora -- 50 years

Readville

Albert & Mary Crawford -- 50 years
 Paul & Ginny McCarthy -- 50 years



Ernie Deeb, Retired Fire Fighter

The Boston Fire Department & Commission on Affairs of the Elderly Fire Safety Program

In an effort to help keep Boston's senior residents safe, The Boston Fire Department along with the Commission on Affairs of the Elderly implemented a Fire Safety Program in the year 2000.

The City of Boston Fire Safety Program provides FREE smoke detectors for seniors living in Boston. A member of the Fire Department will assess homes for smoke detectors and if needed and available, install them free of charge. Additionally, the fire fighter will also change the batteries. For more information on this program please contact:

Ernie Deeb, Boston Fire Department Liaison to the Elderly Commission
617-635-2359

Correction:

To the late Fall Edition Rosa Parks and her husband relocated to Detroit (not Chicago) in 1957. Upon arriving in Detroit, Rosa was successful in getting a job with U.S. Representative John Conyers' office where she stayed until 1988.

Did You Know?

Rosa Parks was awarded the Congressional Gold Medal, the highest medal a civilian can be awarded. Rosa Parks is the first woman to ever lie in state, in the rotunda at the U.S. Capitol.

Golden Anniversary Couples by Neighborhood Continued

Roslindale

Lawrence & Catherine Bastianelli -- 66 years
Ennio & Maria Catalano -- 50 years
Stephen & Ann Cesso -- 55 years
Mario & Julia Decina -- 62 years
Achilles & Ann DeMartino -- 58 years
Alfineo & Helen DiFava -- 58 years
Ceasar & Sally Nichols -- 64 years
Matteo & Antonia Sellitto -- 50 years

Roxbury

Edward & Barbara Gaines -- 57 years
William & Marilyn Rollins -- 50 years
Robert & Leoutrah Tabb -- 56 years

South Boston

Hugh & Jeanne Duffy -- 55 years
Joseph & Loretta Mirisola -- 62 years
William & Albina Sheehy -- 51 years

West Roxbury

Joseph & Mary Baglio -- 58 years
Albert & Elaine Kniupis -- 60 years
Lorenzo & Antonietta Petruzzello -- 50 years
Joseph & Helen Rorke -- 55 years
Samuel & Mary Sabino -- 55 years
Edwin & Minetta Waite -- 50 years

on their lips.

Remember those beautiful movie houses throughout the City of Boston and the proliferation of them? Scollay Square had the Bowdoin and the Scollay Sq. Theatres - both vaudeville houses; the infamous Old Howard and the Casino and, of course, the Rialto open 24 hours. While downtown stood the Loews Orpheum, the B. F. Keiths Memorial, the Modern, the Paramount, the Astor on Tremont, and then back on Washington...the Mayflower, the Globe, the Gaiety and the Stuart Theatre with the horse operas. The showplaces were the Metropolitan Theatre on Tremont and, before 12 noon, the price was a big quarter. Who can forget the RKO Keiths on Washington and Essex - the home of the big bands. Does anybody remember the name of the band at the Met? Oops, pardon me, I forgot the Beacon, just outside of Scollay Square: a great house, all gone, what a shame.

How movie prices have changed - slightly?! The neighborhood movie houses are now mega plex's that show 8 and 16 movies and charge as much. Times have not only changed - they have vanished.

We have just been through another mayoral election and it brought to mind the many elections that we have been privileged to be part of. We have brought back a Mayor that has a feeling for the people that is a real populist. What he has done for this city will never be duplicated. I can remem-

ber the years of James Michael Curley, Maurice Tobin, John Collins and John Hynes - all democrats! However, Frederick Mansfield and Malcolm Nichols should not be mentioned because they were the last of the dreaded Republican Mayors.

I can recall the campaign of Curley and Tobin. Ward 14 in Dorchester was the largest democratic ward in the country and was predominantly Jewish. All the newspapers and polls said the Curley was a shoe-in. However, when James Michael called the "Chief" Sam Levine, the political boss of Ward 14, and inquired as to how he was doing, Sam replied, "I think you will be visiting some of my clients." Sam, you see, was an undertaker. And although Maurice Tobin was Irish, his name could also be Jewish. And with this information, his people could pitch the idea to the constituency of those wards in Boston that were predominantly of that faith. Net result: Tobin won a resounding victory.

The story of Collins' campaign against John E. Powers should have been founded in fiction. The phrase "power politics" coined by the Collins campaign, ruined John E. Powers' political clout and served to elect John Collins. That's enough politics and it is now that time of year that is so magical. It's holiday time!!! Mayor Menino's lighting of the menorahs on both the common and downtown crossing. The trolley tours that go to every neighborhood in

Boston. The x-mas trees that light up the squares throughout the city. The candy canes, the holiday sales, and shopping. The smells and air of Christmas and Chanukah, which this year both are celebrated on the same day. What a propitious year.

Chanukah latkes (pancakes, made of grated potatoes) the dreidl (a spinning top) for family games. Christmas and the ribbon candy, the holiday eve celebrating the Italian seafood feasts, the Christmas ham, the turkey stuffed and roasted, turnips, mushrooms, baked potatoes, candied yams, cranberry sauce, boiled onions, and ladies and gentlemen. The sights, smells, and sounds. It's that time again: never mind happy holidays.

It's a very merry and healthy Christmas and happy New Year. A happy Chanukah, a successful Kwanza, and from me to you God bless you all and God bless this great city.

Mel Goldstein is the Mayor's representative to the Senior Advisory Council and the Elderly and Russian Liaison for the Mayor's office of neighborhood services. Mel also finds time to host several annual events for seniors in Boston. He may be reached at 617-635 4834

Area Agency on Aging

by Betsy Downton

The Boston Area Agency on Aging's (AAA) mission is, "to enhance the quality of life for all seniors living in Boston". The AAA plans, coordinates, selects and monitors services for Boston seniors supported by Older Americans Act funding. The AAA is also mandated to advocate for public policies that encourage wholesome and healthy aging for Boston's seniors.

The AAA promotes the active involvement of seniors in the life and health of their neighborhoods. Our priority remains to promote optimal functioning and to prevent premature or inappropriate institutionalization of elders in Boston. Older Americans Act funding assists the City of Boston in our efforts to better serve the needs of our citizens. Our role as the Area Agency on Aging is to select, monitor and evaluate these services with input from Boston seniors to ensure both the quality and necessity of such services.

Older Americans Act funding enables the Commission to provide financial and programmatic support to non-profit agencies in the following areas of service:

Supportive Services (senior centers, home repair, shopping assistance and legal assistance).

Nutrition Services
(home delivered and congregate meals)

Health Services

Caregiver Support Services

Ombudsman Services

Senior consumer input is essential in receiving funds from the Older Americans Act. With that in mind, the Commission organized the Mayor's Advisory Council. The Mayor's Advisory Council, which is composed of both consumers and providers, is responsible for assisting the AAA in establishing priorities for funding and development of the Older Americans Act programs in Boston. Not only does the Advisory Council assist in directing the funding, they assist in monitoring programs funded by the Older Americans Act. The Advisory Council has three sub-committees to specifically address senior advocacy, housing and long term care issues. Currently, the Mayor's Advisory Council is made up of over 100 active members where more than ninety percent are older persons and forty percent are minority.

Advisory Council

The Advisory Council, which meets ten (10) times a year, is an important source of access to services for seniors. Information is passed to and from the neighborhoods through the members of the Advisory Council. These members are also active in many activities in their neighborhoods.

The Advisory Council Task Forces (the Advocacy Task Force, the Health and Long Term Care Task Force and the Housing Task Force) are an important way for consumers and providers to work together to improve the quality of life for all seniors living in the City of Boston. All task forces help older people "access an integrated array of health and social services" by providing for the exchange of information among staff, seniors and agencies. The Health and Long Term Care Task Force has informational meetings on current health issues and keeps members aware of important legislation, both State and Federal. The Housing Task Force picks one issue to be their main focus and also discusses current topics that relate to housing. Although the Advocacy Task Force is mainly legislatively oriented, their work helps ensure that the services are available for the seniors.

WHAT YOU SHOULD KNOW ABOUT CARBON MONOXIDE

Carbon Monoxide is a highly toxic gas that is **VERY HARD TO DETECT!**

It is : Colorless, odorless, and tasteless but it sometimes combines with other gases that have sharp odors. Carbon Monoxide is found where heating equipment and venting problems exist, and in automobile exhaust.

Danger Signs that you may be at risk for Carbon Monoxide poisoning:

Stuffy, stale, or smelly air, very high humidity, fallen soot from the fireplace or furnace, no draft in your chimney or a hot draft backing out.

Symptoms of Carbon Monoxide Poisoning: Headaches, weakness, vomiting, tightening of chest, redness of skin, sleepiness, loss of muscle control, convulsions, stinging of the eyes, fluttering of the heart, ringing in the ears, dizziness, and nausea.

Take Action! If you experience the danger signs or symptoms of poisoning: Open the windows, evacuate and call 9-1-1 for help.

HYPOTHERMIA FACT SHEET

Hypothermia is a condition where the body gets too cold. A body temperature below 96°F may seem like just a couple of degrees below a normal temperature of 98.6°F, but it can be dangerous.

What are the symptoms?

When you think about being cold, you probably think of shivering. That is one thing the body does when it gets cold. It is one way the body warms itself back up again. So how can you tell if someone has hypothermia?

- Watch out for the “umbles”: stumbles, mumbles, fumbles and grumbles; these show how the cold is affecting a person’s muscles and nerves.

Warning signs: Confusion or sleepiness, slowed, slurred speech or shallow breathing, weak pulse or low blood pressure, a lot of shivering, or no shivering because of stiffness in the arms and legs, slow reactions because of not being able to control body movements as well as usual.

What things put you at risk?

- **Water on your skin-** You can lose body heat as much as 25 times faster. Stay dry: **Clothes-** tight clothes may not let your blood flow freely; several layers of loose clothing will trap warm air between them and help keep you warm. **Low weight-** Fat can protect your body by keeping the heat inside. Make sure you are eating enough of the right food to keep you at a healthy weight. **Illnesses-** diabetes, hyperthyroidism, and some skin problems. Arthritis, Parkinson’s, memory problems, strokes and paralysis can make it difficult to move around and stay warm. **Medication-** for high blood pressure, nervousness, depression or sleeping disorders. **Drinks with alcohol or caffeine** can make you lose body heat faster. **Smoking** puts you at risk.

What to do in case of an emergency?

- **Call 9-1-1** Get medical attention as soon as possible.

Handle the person very gently. Protect the person from the cold with dry blankets, quilts, towels or extra clothes. Make sure that you cover the person’s head and neck. If medical care is not available, warm beverages can help increase the body temperature.

Healthy Wealthy & Wyse

By Geraldine C. Wyse, RN

Chicken Pox Vaccination, Chicken Pox Parties, Shingles and Elders

Rumors in the United States are spreading that the chicken pox vaccine is unsafe and ineffective.

When a neighbor hears that there is an infected child in the community, the mother brings the child to be exposed to the child with chicken pox. This is called "natural mothering".

This practice is causing concern in the medical world.

Usually, when a child is 12-15 months old, the child is given the vaccine. The chicken pox vaccine is considered safe and effective. The vaccine is 85% effective in preventing children from getting chicken pox.

Chicken pox is caused by the varicella zoster virus. Chicken pox is a serious illness, especially when an adult gets infected for the first time. In children, one in 50,000 gets a brain infection that causes retardation or death and also, the itchy chicken pox blisters can get infected with a serious bacteria!

Some doctors are recommending that a child get a second chicken pox vaccination to ensure the child develops immunity to the disease. Some statistics suggest that 15% of children do not get

full immunity from the recommended vaccination at 12-15 months.

Shingles

Chicken pox virus is a herpes virus that stays in the body for life!!!

When the virus gets reactivated, a person gets shingles. Sometimes, this causes a very painful condition called post herpetic neuralgia- a condition that may be permanent.

Medical evidence has shown that the chicken pox vaccine prevents adult shingles.

Have you already had chicken pox?

There is a new high dose chicken pox vaccine that shows promise for preventing shingles in the elderly.

Speak to your doctor if you have questions about chicken pox, chicken pox vaccine, shingles or post herpetic neuralgia.

Your health care provider is your best source of information.

For more information, please read the article on chicken pox

<http://my.webmd.com/content/article/112>

Area Agency on Aging

by Betsy Downton

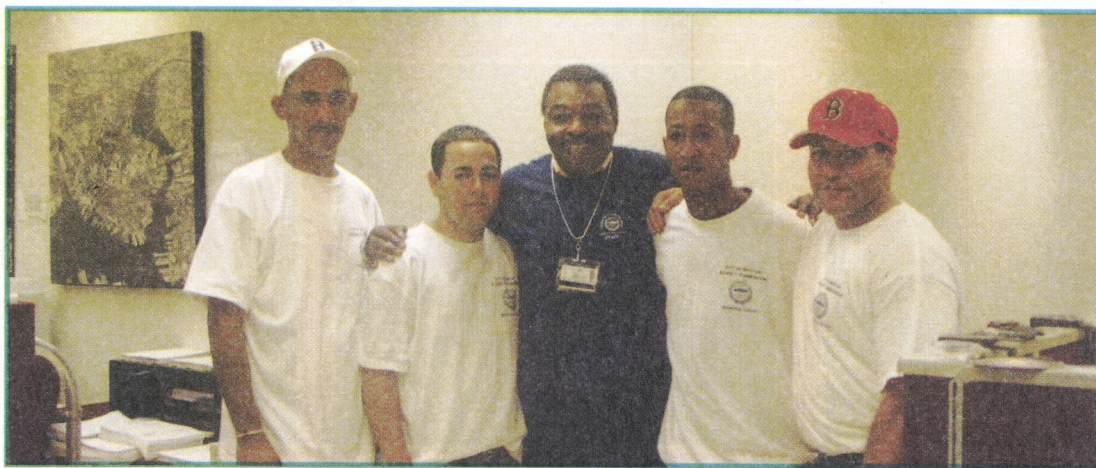
continued

Staff

The AAA has 4 full-time staff members and one part-time member. Betsy Downton is the Coordinator (planner according to the state). She has been with the Commission since 1977 and has worked in a number of different capacities including Neighborhood Senior Service Worker (NSSW), Job Developer, and Senior AIDES Director. Janice Lock is the Program Monitor Supervisor. Janice is new to City Hall. Previously she has worked in administration and compensation, and has managed medical offices. Barbara Smith is a Program Monitor. She has worked for the City for a long time and for the Elderly Commission since 1981. Barbara was also a NSSW and an Ombudsman before becoming a Program Monitor. She gets all the calls about nursing homes and assisted living. The other Program Monitor will be Kristin Labbe. Kristin interned in the Elderly Commission for a year. She has experience working with elders and a degree in Gerontology and Non-Profit Management.

The AAA can be reached through the Elderly Commission switchboard at (617) 635-3979.

Richard Morrison and his volunteer commitment



Left to right ; Lufz Cruz, Johnny Ascenzio, Richard Morrison, Yrbín Rodríguez, Carlos Valentin

To have the pleasure of meeting Richard Morrison is a unique opportunity. One of the Elderly Commission's finest, his modest and positive demeanor along with a relentless commitment to his work as an Advocate has proven to be irreplaceable, and priceless. Richard handles every senior with the care that he would his family. Working to improve the quality of life for Boston Seniors is not only his job but also his passion.

Richard has been with the Elderly Commission for eight years. Because Richard is a team player, he also works to aid our Commission by recruiting community volunteers to assist during events. Without Richard and his "guys" our events would not be possible. The picture above features Richard Morrison (middle) with "his guys" from the Hispanic Academy in Dorchester. The City of Boston's seniors along with the Elderly Commission benefit greatly from this win-win volunteer situation. Thank you all very much!

Medicare D Hotline

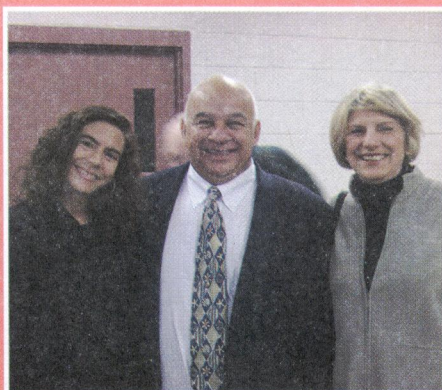
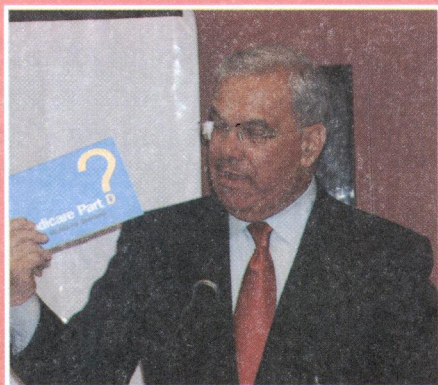
(617) 635-MED D

or

(617) 635-6333

The Boston Elderly Commission wants to ensure all Boston seniors and Boston senior agencies are educated on the new Medicare Prescription Drug Plan. The Elderly Commission has certified SHINE counselors available to assist people with questions concerning Medicare benefits. If you would like to find out more about the Medicare Prescription Drug Plan or if you would like a SHINE counselor to present an informational presentation, please call the Elderly Commission at the number above.

Mayor Menino Announces Medicare Outreach to Seniors



Mayor Thomas M. Menino announced his four point Medicare Part D Outreach program. With Medicare Part D, the prescription drug component of Medicare, about to undergo a major transition, Mayor Menino has made it a priority to make information detailing the new program as widespread and accessible as possible.

"On October 1st, major changes went into effect for people over the age of 65 who are enrolled in Medicare. These changes require that many seniors choose a new drug prescription plan by May 15th," Mayor Menino said. "The way Medicare Part D works, there is no simple answer. Everyone's situation is different. The key is to understand your options and choose the plan that's right for you. My job as Mayor is to make sure that all seniors understand the changes and their options – one person at a time."

Mayor Menino created his

four point outreach plan to address, as thoroughly as possible, the complicated changes to Massachusetts' prescription drug program. The outreach program includes: a brochure, a centralized intake phone line and the recruitment of community advocates.

The brochure is available in five languages: English, Spanish, Vietnamese, Russian and traditional Chinese. In addition to providing a Medicare D timeline and overview, the brochure also encourages seniors to use the advocates in the Elderly Commission for assistance when deciding a drug prescription plan.

The centralized phone line, 635-MEDD, is staffed by six trained Elderly Commission advocates. The advocates are ready to field questions and assist seniors in individual assessments. Operators are available speaking English, Spanish, Russian, Cantonese, Mandarin, traditional Chinese and Vietnamese.

Additionally, 13 community advocates have undergone extensive training and have become certified SHINE counselors, graduating November 21st. These community SHINE counselors are going to go out into the neighborhoods and educate those affected by the change. Each will go back to their community to educate their fellow residents on the new plan. These counselors will also be available at community centers stationed throughout the city for individual meetings with seniors.

Conclusively and in sync with his prescription coverage priority, the Mayor encouraged seniors to make their health a priority by receiving the free flu shot available to them during the conference.

**For more information
on Medicare D
call: 617-635-MEDD
or 617-635-6333.**

Diving Back Into the Dating Pool

by Kali Borrowman

Welcome to the era of the senior. Seniors today have better health, higher education, more money, and are more diverse than ever before! Although all of these things are nice, the most advantageous aspect of senior life today is the attitude. Seniors today are redefining what it means to be 55 or older. They are enjoying life, and having fun. In fact, a large portion of the senior population is diving back into the dating pool.

Yikes! Dating is just as nerve racking in your 50s and 60s as it was in your 20s. But now, there are so many new questions: Has the dating scene changed, and if so do I have to change with it? How do I meet someone if all of my friends are married? I am just interested in companionship, are there people that feel the same? Are there enough men and women to go around? These questions are valid and scary enough to make some seniors wrap a towel around themselves and sit on the side of the pool; however, many seniors are finding that sticking their pinky toe into the dating pool wasn't nearly as bad as they thought and are diving in head first!

Dating can provide a new social circle, a companion to go to movies and have coffee with, or even provide a new and exciting romance. However, in order to reap the benefits of dating, you must overcome the natural fears that go along with re-entering the dating world. Many seniors acknowledge that the dating scene has changed. This opens up several opportunities

for you to make your own dating rules. You can keep the dating rules that you liked, throw out those you didn't and replace them with the new rule.

For example, now it is perfectly acceptable for women to ask men out. According to a recent survey, seniors tend to be less fussy about who calls who and gender politics, meaning a woman asking a man out is quite frequent. However, some women remain shy and want to hold on to the old rule that the men ask the women out. Good news! The odds of these shy women finding a man with the same traditional values are high. Advice: play by your own rules. Your best bet is to stay true to your personality and do what feels comfortable to you. Jumping into the dating pool will be much easier if you feel comfortable.

Part of that comfort comes from easy social situations in which to meet people. Being set up on a blind date is not appealing to most people. It still remains that meeting a romantic interest through friends, family, and co-workers has the highest success rate. However, if your social circle seems to not be a good place for you to meet people, there are many different opportunities for you to meet someone with similar interests.

Internet dating has become the hot new fad amongst seniors. In fact, Match.com, one of the largest online dating sites boasts a senior membership increase of 122% during the last year. It doesn't stop

there, the largest online dating site for seniors, Senior Friend Finder, has around 1.4 million members. Now that's a lot of dates! Online dating gives seniors a way to stick their feet into the dating pool without getting completely wet. You can view different profiles and email those that are interesting to you. Remember to be Internet savvy when online dating. Never give out personal information such as your phone number, address, and last name. Use a website that is credible like the ones mentioned here. It's also a good idea to set up an email account with a free site such as hotmail with an alias (don't use your name in the email address). You can choose an email address that expresses an interest like sailing_enthusiast@freeinter-entsite.com When agreeing to meet for a first date, pick a public place. If you feel uncomfortable at any time, excuse yourself. That's the beauty of first dates! The Internet can be confusing: ask a friend or family member to help you set up a profile.

Many seniors don't date because they aren't looking for romance. That's Ok! In fact, dating can be a good way to meet new friends. Romance is optional. Many of your counterparts will be looking for the same things. There are seniors looking for love, seniors looking for companionship, and seniors looking to meet new people. Don't be afraid to let your intentions known, this ensures that there is no hurt feelings later.

Continued on Page 19

Senior Companion by Eileen O'Connor



Joyce Bailey

Born and raised in Jamaica, Joyce Bailey has come to call Boston her home after moving to the United States in the 60s. The Senior Companion Program hit a stroke of luck when a very close friend told Ms. Bailey of our program. She has been a companion ever since, serving over 30 clients! Wanting to recognize Ms. Bailey, Gloria and I went to visit her at Woodbourne Apartments where most of her clients reside. As we entered the building, there she was: clients were greeting Ms. Bailey as she checked to see how they were. Although Ms. Bailey was not planning to see everyone, she attended to his or her needs. I asked one of the clients what he thought of Ms. Bailey. He responded by saying that she does everything for him: scheduling medical appointments, delivering groceries, reading letters to him, and escorting him to medical appointments.

As Gloria and I began interviewing Ms. Bailey she introduced us to one of her supervisor's who began to tell us a story about Ms. Bailey. One of Ms. Bailey's clients, Charlie, became very ill. After moving from a hospital room to a nursing home, he became depressed. After a visit from Ms. Bailey, Charlie asked for her help. Opening her heart, she agreed, but on one condition; Charlie had to promise to try and get well. He needed many things done for him: paying rent and bills, and picking up clothes. Ms. Bailey even advocated for Charlie when he began to improve, contacting the nursing home and conveying Charlie's wishes to return home. She also assured the nursing home staff that she would help Charlie and attend to his needs if returned home.

The nursing home staff (5 employees including a social worker) was more than happy to help. They evaluated Charlie's apartment. The apartment was not ready for Charlie. It needed to be handicap accessible. Charlie also needed a special chair. Finally, Ms. Bailey was notified that a handicap accessible apartment was available. Ms. Bailey and the nursing home staff worked to prepare the apartment for Charlie before his homecoming. The special chair was even ordered and put into place.

Charlie came home and his health has been improving ever since. Unfortunately the day that we visited Ms. Bailey, Charlie was at a medical appointment so we were unable to meet him. Ms. Bailey wanted to have her picture taken with Charlie. We promised to come back another day.

Moving on, we visited some other clients of Ms. Bailey. One client playfully called Ms. Bailey her social worker, and showed us her "office" (the kitchen table). In the "office" were bills, appointments to be scheduled, and dates for the Senior Shuttle. Ms. Bailey told us that she likes working with the Senior Shuttle. The next client told us that Ms. Bailey takes care of everyone; she solves problems, and knows all the connections. In fact, after her purse was stolen, Ms. Bailey was able to get everything straightened out at the bank, after the client and her daughter had unsuccessfully tried before!

From all of the client testimonies, our suspicions were confirmed: Ms. Bailey is one-of-a-kind. She is not only a companion, but also a source of knowledge for her clients. The Senior Companion Program is blessed to have Ms. Bailey as a part of our program.

*Dating pool continued
from page 17*

Lastly, there are enough men and women to go around. Match.com has over 600,000 registered members over age 50, and 53% of those members are men! Women have a life expectancy that exceeds men by about 5 years and, on January 1, 2006 the first baby boomer turns 60. The senior dating pool will see a tremendous spike from the baby boomer population.

Don't be afraid to join the millions of American seniors enjoying dating life. Benefit from a new social circle, new interests, or simply having someone to enjoy a cup of coffee with. Remember there are many people who have the same interest as you. If you're not interested in diving right in, just get your feet wet!

Professional Women's Club of Boston Donates to Family Nurturing Center

For the past six years, the Professional Women's Club of Boston (PWC) has been donating their time and resources to the Family Nurturing Center through the Boston Retired and Senior Volunteer Program (RSVP). The Professional Women's Club of Boston founded in May of 1907 has been around for many years donating services to help better the City of Boston. As a part of the General Federation of Women's Clubs of Massachusetts, the PWC is a part of one of the largest and oldest women's volunteer service organizations. A membership means to support the arts and preservation of natural resources, education promotion, healthy lifestyles, civic involvement, and world peace. The Professional Women's Club has an impressive lineage of members.

Honorary members include Mrs. Eleanor Roosevelt along with Miss Clara Endicott Sears.

During the Professional Women's Club 98th year, 27 members came together on November 19th to donate items such as baby clothes, stuffed animals, shampoo, baby powder and many more to the Boston RSVP. Boston RSVP will contribute to the Family Nurturing Center's "Welcome Baby" program. The Welcome Baby program works to support families in their neighborhood. With many different branches "Welcome Baby" coordinates new baby visits, play groups, parent workshops and many more. The items donated go towards new baby visits. For each new baby, a basket is assembled with baby blankets,

Continued on page 28



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A True Story About : Elder Protective Services

by Sandy Hovey

A 78-year-old woman Leslie (not her real name) is transported to a local hospital for a fractured hip, which she suffered after falling down a flight of stairs. When a Social Worker in the Emergency Room asked Leslie how she fell down the stairs, Leslie began to cry. She explained that her son threatens to hurt her if she does not give him money. Leslie told her son that she did not have any money; he became enraged and shoved her down the stairs. After speaking with Leslie, the Social Worker filed an Elder Abuse report with Ethos.

The Boston Elder Protective Service Program at Ethos has been designed to assist people like Leslie, 60 years or older, who are being abused or neglected by a caregiver or someone they have a personal relationship with. The intention of the program is to assist older people who are being physically, emotionally, or sexually abused, financially exploited, neglected and those who are at high risk due to self-neglect.

The Massachusetts Executive Office of Elder Affairs has designated Ethos as the Protective Services Agency to assist elders in the City of Boston suffering from abuse and neglect in the community. Certain professionals such as the Police, EMTs, Doctors, Social Workers, and

Nurses are mandated by law to report suspected abuse, neglect and self-neglect. Anyone in the community who is concerned that a family member, loved one, close friend or neighbor are at risk due to abuse, neglect or self-neglect are also encouraged to call Ethos to file a Protective Services report.

Ethos' Protective Services caseworkers are responsible for investigating the alleged abuse and then working with the elder to find solutions to address the problems associated with the abuse. The solution might include hooking the elder up with Home Care services. Another solution may be to provide caregiver support, by offering assistance to an overwhelmed caregiver trying to manage the care of a loved one with Alzheimer's. In the case of physical abuse such as Leslie's situation above, the caseworker might help the elder obtain a restraining order to have the abuser removed from the home. It is crucial to note that it is the elder who decides whether or not to accept assistance from Ethos' Protective Services Program, provided they have the ability to make their own decisions.

Ethos also cares for older adults at home. Trained staff and volunteers cook, shop for groceries,

clean houses, and deliver hot meals. Additionally, Ethos provides hot lunches to thirteen community cafés where seniors go to eat and socialize. They help elders pay their bills on time, host educational events, and advocate for senior issues at the State House. All employees and volunteers are carefully screened and monitored to ensure safe and reliable care. Adults must be at least age 60 to qualify for most services.

Ethos is one of three Aging Service Access Points (ASAP) in Boston. Ethos works in collaboration with Boston Senior Home Care and Central Boston Elder Services to provide home based services to seniors, wherever they live. Part of the collaboration between the three ASAPs, is that Boston Senior Home Care and Central Boston Elder Services provide some financial support to Ethos' Protective Services Program

To make an Elder Protective Services report or to inquire about any of Ethos' programs, call:

617-522-6700.

You may also log onto Ethos'

www.ethocare.org

Senior Training for Employment Program



Priscilla Rapacioli came to the Seniors Training for Employment Program (S.T.E.P.) in February 2005. She was recommended to our program when she called the Commission on Affairs of the Elderly for information.

Priscilla has worked as a Unit Secretary for a major hospital where she scheduled appointments, transcribed documents and other duties as assigned. She worked in this capacity for eight (8) years. She then moved on to another hospital setting where she worked as a patient service coordinator. She worked directly with physicians, patients and handled third party billing situations.

Priscilla is a wonderful individual to work with; your first impression of her would be of someone who is very good with people and enjoys helping others. Her most recent assignment was at "Adaptive Environments", where she has a good rapport with the other staff members.

While Priscilla was on the program, she completed her job search as required and also applied at her host agency. Her supervisor Ms. Barbara Chandler called our office to let us know (after 1 month) that it was her intention to hire her. Although it took several months, Priscilla was hired by Adaptive Environments in September, 2005.

Congratulations Priscilla - We wish you many years of prosperity and happiness!! Congratulations Barbara Chandler - For Hiring one of our best!



GREAT AGED STEAKS



\$1.95 BAR FOOD MENU



FRESH SEAFOOD

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A DAILY Changing Menu
30 Seafood Choices
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From Alaskan halibut to New Zealand grouper, our daily "Fresh List" is famous for variety and freshness—as is our waitstaff for its encyclopedic knowledge. It's like having your own personal shopper for seafood. Come join us today.

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(401) 351-4500

SABIA USTED QUE? by Carmen Pola

1. Sabia usted que en las elecciones de Noviembre 8, eligieron otra vez al Alcalde Tomas Menino?
2. Sabia usted que el Alcalde obtuvo de los votes?
3. Sabia usted el Alcalde Menino prometió contar siendo el campeón de las necesidades de nosotros los ancianos?
4. Sabia usted que se continua trabajada con la Comisión de Ancianos para ayudar y educar a nuestros ancianos para que podamos hacer las decisiones correctas para escoger la tarjeta para medicamentos?
5. Sabia usted que en la Comisión de ancianos se ha creado un departamento que nos proveerá con talleres de orientación para tomar la decisión de que tarjeta escoger?
6. Sabia usted que todo lo que tiene que hacer usted es juntar un grupo de ancianos en su vecindario y llamar al 617-635-MEDD(6333) para una presentación de como obtener su tarjeta de comprar medicinas.
7. Sabia usted que les estamos deseando a todos felicidades en las fiestas venideras, y le invitamos a llamar a la comisión para que se entere de las actividades que se llevarán a cabo durante el mes de Diciembre?
8. Sabia usted que estamos esperando sus comentarios, para continuar esta columna esperamos oír de ustedes, llamando al 617-635-4363 y preguntando por Vilma Valentin?

Did You Know in English, by Carmen Pola

1. Did you know our Mayor, Thomas M. Menino was re-elected in November and obtained 68% of the vote?
2. Did you know Mayor Menino continues to spearhead senior issues to make Boston the best city for seniors to live in? He has supported property tax exemption increases for the seniors of Boston and supports choices for home care with your Medicare dollars.
3. Did you know that the Mayor with the Elderly Commission has set up a department to assist you with your Medicare Part D transitions?
Call 617-635-MEDD
4. Did you now that Commission staff will be happy to do presentations to you and your senior group? Call 617-635-4366 for more information.
5. Did you know that these Medicare transition presentations may be presented in several languages? Russian, Mandarin, Vietnamese and Spanish?
6. Did you know that the Mayor and the Commission host several events free of charge for seniors in Boston? Call 617-635-4377 for a brochure of information on events.
7. Did you know that the Commission staff would like to hear from you and to let you know that you may publish your work in this magazine or write letters to the editor?
Call 617-635-3244.

Happy holidays!

RSVP-VOLUNTEER OPPORTUNITIES COLUMN

The Retired and Senior Volunteer Program is federally funded by the Corporation for National and Community Service and is sponsored by the Commission on Affairs of the Elderly. Volunteering through the RSVP program offers seniors reimbursement for transportation costs incurred while doing volunteer work. Volunteer assignments coincide with the special interests of volunteers. Volunteers are assigned at non-profit agencies of their choice throughout the neighborhoods of Boston. If you are interested, contact Lynnette at 617-635-1794, Kali at 617-635-2360, or Fran Johnnene, RSVP Director, at 617-635-3988.

Citizen Schools-

Citizen Schools is seeking volunteers to teach their passion to Boston youth. Whether you enjoy cooking, or you have a degree in business, Citizen Schools needs Citizen Teachers to volunteer their time. Create your own lesson plan for this after school program! Teach one (1) 90-120 minutes class per week. No experience necessary, training is provided. Must commit from February 2006 – May 2006. Located in seven (7) different Boston neighborhoods: Brighton, Charlestown, Dorchester, East Boston, Hyde Park, Mattapan, and Roslindale. For more information call Boston RSVP at (617) 635-2360.

Bird Street Community Center-

Make a difference in a child's life. Bird Street Community Center is seeking senior volunteers (55 and older) to become youth mentors. No experience necessary, training is provided. Must make a twice a month commitment for an entire school year. May participate in group events. Accessible by MBTA. For more information please call Fran Johnnene, RSVP Director or Kali Borrowman, AmeriCorps*VISTA Boston RSVP at (617) 635-2360.

Boston Health Care for the Homeless -

Are you good at organizing? Have experience in records management? Get involved with Boston Health Care for the Homeless! Boston Health Care for the Homeless is looking for seniors to help with record management and general administration. Friendly staff! Great location! Perfect for spending a couple hours at each day! For more information call Boston RSVP at (617) 635-2360.

Saturday's/Sunday's Bread -

This organization has been serving meals to the homeless for over 21 years! It is open only on the weekends so people can have the chance to eat everyday. They need people who can help serve, and then clean pots and pans from 12:30-4:00 p.m. To volunteer, you would try it for a day by joining an existing group, e.g., college students, a business, a church or a temple. If you like volunteering

there, you keep helping out! It operates from 35 Bowdoin St., downtown (T: Government Center, Green or Blue lines).

Please call Mike Lee, Kitchen Executive at 617-461-7377.

Peace Games -

Peace Games is an organization that works with schools' families, staff, and volunteers to help students develop social and conflict resolution skills. Volunteers should be retired teachers. Paired with another volunteer, you would be teaching these skills to elementary and middle school students a few days per week, using games and art as your teaching strategies. Schools you could teach at are:

- James J. Chittick Elementary School, Mattapan
- Mission Grammar School, Roxbury
- Nathan Hale Elementary School, Roxbury
- Thomas J. Kenny Elementary School, Dorchester
- Maurice J. Tobin Elementary School, Mission Hill

**For more
information call
Boston RSVP at
(617) 635-2360.**



SHINE Volunteers Graduate!

Monday, November 21, 2005 the City of Boston's Elderly Commission congratulated 13 new certified SHINE counselors on their success. The Elderly Commission's Chief of Staff, Tomas Gonzales, Deputy Commissioner of Advocacy and Planning, Joanne Lee and SHINE Director, Sheila Lehane, were all on hand to thank all SHINE counselors for their hard work and dedication. Before graduating, these SHINE counselors had to attend a 50-hour intensive training.

The SHINE program ensures that seniors receive accurate, non-biased information regarding health care options.

SHINE helps seniors understand their health insurance needs, reviews their present coverage to avoid unnecessary duplication, informs seniors of their rights under Medicare and makes referrals when appropriate. Certified SHINE counselors provide confidential counseling free of charge.

SHINE Counselors help people to understand their rights and benefits under Medicare, HMOs, Medigap, MassHealth and other health insurance coverage. Counselors can explain your current coverage, help you decide what coverage to buy, and protect you from paying bills you should not pay. SHINE Counselors can help fill out insurance claim forms and health insur-

ance applications.

A SHINE Counselor is a committed volunteer who is trained and certified by the Executive Office of Elder Affairs in many areas of health insurance, including Medicare Part A and Part B, Medigap insurance, Medicare HMOs, retiree insurance plans, prescription drug programs, Medicaid, Medicare assistance programs (QMB, SLMB and QI), and other programs for people with limited resources.

If you would like to know more about the SHINE program and the City of Boston Elderly Commission; please call:

617-635-4366

SAVE THE DATE

City of Boston Elderly Commission

Upcoming Events

JANUARY

Martin Luther King, Jr. Holiday Tribute

Martin Luther King, Jr. Celebration

FEBRUARY

Valentine's Party

Valentine's for Veterans

African American Achievement Awards

MARCH

Xerox Dinner Dance

St. Patrick's Day Party*

***Veronica B. Smith, Brighton**

St. Patrick's Day Party*

***South Boston**

Please call 617-635-4366

for information on upcoming events

**Note: event dates are subject to change so
please RSVP well in advance!**

Strength Training for the Young at Heart

By Susan Coomber, MS Project Coordinator

Nutrition, Exercise, Physiology, and Sarcopenia Laboratory

Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University

You may know about the many benefits of strength training from increasing muscle mass and strength to improving emotional well being. What you may not realize is that these benefits can be achieved by men and women of all ages, even if they begin training later in life. It is never too late to start a strength training program!

In fact, it may be even more important for older adults to participate in this type of exercise. Research shows that strength training is not only safe, but beneficial for older adults. Strength training has been shown to:

- reduce the symptoms of chronic conditions such as arthritis, osteoporosis, and obesity
- increase balance and reduce the likelihood of falls in older adults, even those 80 years and older
- increase muscle strength leading to improvements in physical function and normal activities of daily living
- increase bone density
- improve glucose control
- decrease depression

Older adults may be reluctant to begin a strength training program because of fear that it is unsafe or because they may not

know about its benefits. Others may simply not know what exercises to do or how often to do them. The following are some tips to help a parent, grandparent, or any older adult you know start strength training:

- **Consult with a Physician:** Before beginning strength training or any type of exercise, consult with a physician.
- **Look close to Home:** Project Healthy Exercise Plus has a peer-led free exercise program in 12 sites throughout the city. Call Program Director Vanessa Wilson-Howard from the Action for Boston Community Development at 617-348-6232. Or check out the branches of the Boston YMCA, as well as local community centers and centers for adult education.
- **Try it Out:** You may enjoy strength training in a class setting, with a personal trainer, or at home. Trying several programs will help you find what you like and what best suits your individual needs.
- **The Program:** The American College of Sports Medicine recommends a balanced strength training program for older adults that includes 2-3 sets of 8-15 repetitions of 8-10 exercises to strengthen the major muscle groups. Each strengthening session should last 20-45 minutes

and sessions should not be done on 2 consecutive days.

- **Free booklet:** Call 1-800-222-2225 for Exercise: A Guide from the National Institute on Aging.

Scientists at the Jean Mayer USDA Human Nutrition Research Center on Aging at Tufts University are leaders in the field of nutrition and aging. Results from their research have greatly contributed to information on the prevention of osteoporosis, heart disease, degenerative eye diseases, and muscle loss.

For a list of current study opportunities, call our recruitment line at 1-800-738-7555 and request a general study packet.

TIP OF THE WEEK

Produce with the lowest pesticide levels: asparagus, avocados, bananas, broccoli, cauliflower, sweet corn, kiwi, mangoes, onions, papaya, pineapples and sweet peas.

Produce with the highest pesticide levels: apples, bell peppers, celery, cherries, imported grapes, nectarines, peaches, pears, potatoes, red raspberries, spinach and strawberries.

Measure Seeks Home Care for Elders Proposal Offers Nursing Home Alternative

By Dan Ring

The Republican (Springfield, MA)

Monday, November 21, 2005

BOSTON - Elderly people in Massachusetts would receive new legal rights to use Medicaid money for home care instead of a nursing home, under a measure that could be close to approval on Beacon Hill.

Approved 38-0 in the Massachusetts Senate, the measure is running into some strong opposition from the state's leading organization of nursing homes, which could see tens of millions of Medicaid dollars move toward home care or other forms of community-based care such as assisted living. Right now, Medicaid, a federal-state insurance program for the poor and disabled, finances about 75 percent of the state's 50,000 residents of nursing homes.

Coming when the population of people 60 or older is about to explode, the measure would enshrine into state law a new civil right for elderly and disabled people on Medicaid to choose "the least restrictive and most appropriate setting" for their long-term care.

It would be the first time the state would have such a goal, with the language coming from a landmark 1999 ruling by the U.S. Supreme Court in a California case involving rights for the disabled and the elderly. In

that case, the high court required states to develop plans to place the elderly and disabled in the most "integrated" settings possible rather than segregating people in institutions.

David A. Ball, a vice president for the Massachusetts Extended Care Federation in Newton, which represents about 500 nursing homes in the state, said the measure could cause some people to receive public money for home care when they actually might need the around-the-clock skilled medical help that is available in a nursing home.

Ball said the Senate measure "could potentially create unsafe conditions for elders."

Ball said members of his organization are open to talking about overhauling long-term care, but he said the proposal was rushed through the Senate at "the 11th hour" without any real opportunity to debate the merits in the process.

"It would ultimately create significant shifts of funding for long-term care," Ball said.

The measure, sponsored by Sen. Susan C. Tucker, D-Andover, was approved earlier this month as an amendment to the Senate's version of comprehensive legislation to provide

health coverage for the state's uninsured.

The amendment says that any person determined by the state to be clinically and financially eligible to receive Medicaid for long-term care "shall be given the choice of care setting that is the least restrictive and most appropriate to meet his or her needs. The dollars that are provided for long-term care benefit shall follow such individual as his or her setting of care changes."

Tucker said the measure is aimed at moving the state away from heavy reliance on institutional care. Tucker said many elderly people are afraid of entering a nursing home, and the state needs a more robust system of home care.

"We will always need good high-quality nursing homes in Massachusetts," said Tucker, chairwoman of the Committee on Elder Affairs. "That's not in dispute. However, it's time to shift resources into a more comprehensive home and community care system. When the elderly get to the point where they need help, they should have choice on where that help will be delivered. Most would rather be at home."

Under the state's home-care programs, about 36,000 elderly get help in personal care such as eating, dressing and bathing in their homes. About 13,000 of those are on Medicaid.

Tucker said it's unfair to say her amendment could create unsafe conditions for some eld-

Home Care article

continued from page 27

erly. She also said she's pushed it as a separate bill for several years and it's been aired at public hearings.

The amendment would also direct the state to seek federal approval to raise income and asset levels for people to qualify for Medicaid. And it would require the state Executive Office of Elder Affairs to provide pre-admission counseling and screening for people seeking long-term care, including for those paying with private money or insurance.

Tucker pointed to the state's "community choices" demonstration project that provides Medicaid-eligible elders at risk of entering a nursing home with an extensive package of home care services such as personal hygiene, house work, transportation and day programs.

The average cost of the program is \$17,147 a year from Medicaid. That's compared with \$51,720 a year for a nursing home, according to Tucker's office.

Tucker said Massachusetts is lagging behind states such as Oregon and Vermont in providing home care. Of the roughly \$3 billion that Massachusetts spends on long-term care, about 47 percent goes to nursing homes and 43 percent on home and community-based services, according to 2003 data.

Oregon spends 68 percent of its long-term care money on

home and community care and Vermont, 59 percent.

Albert H. Norman, executive director of Massachusetts Home Care in Greenfield, said the measure seeks a seismic shift in the way the state provides long-term care.

"This would be the first time the state has ever stated that its goal is to keep elderly and disabled people in the most integrated setting possible," Norman said. "This is all about equal choice. Care at home or care in a nursing home: Which would you prefer?"

The measure's fate will be determined by a six-member House-Senate panel that is negotiating a compromise of the different bills approved in the House and the Senate to provide health coverage for the state's uninsured. The House did not approve the measure as part of its legislation to cover people with no health insurance.

If the House-Senate conferees include the measure in the compromise legislation, it would go the desk of Gov. W. Mitt Romney. Richard R. Powers, spokesman for the state Executive Office of Health and Human Services, said the administration supports "the community first philosophy" but generally doesn't comment on pending legislation.

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Professional Women's

Continued from page 19

clothing, information on health-care, childcare, and other resources, they even provide a gift for the rest of the family, including mothers, fathers, and other siblings!

In conjunction with the idea of "it takes a village to raise a child", the Professional Women's Club, Boston RSVP and the Family Nurturing Center will continue to provide beautiful baby baskets to new families, helping them welcome their new baby into their home and the community.

Holiday Theater

**Boston Ballet's The
Nutcracker**

**Colonial Theater
106 Boylston Street
Boston, MA
617-426-9365**

**Playing through
December 31**

**Radio City Christmas
Spectacular
Wang Centre**

**270 Tremont Street
Boston, MA
617-482-9393**

**Playing through
December 31**

**Christmas Revels
Corner of Kirkland
and Quincy Street
Cambridge, MA**

**617-496-2222
Playing through
December 30**

Do you know what we offer?

The City of Boston Elderly Commission has many services and programs available to you, some of them are;
Boston's Area Agency on Aging

The local office of the Massachusetts Department of Elder Affairs plans, funds, monitors and evaluates services on behalf of the City of Boston's older population

- Council On Aging

This group promotes the active involvement of seniors in the life and health of their neighborhoods

HEALTH AND SERVICE ASSISTANCE

Caregiver Support Service

The Commission on Affairs of the Elderly provides Caregiver support services including information and referral, assistance in gaining access to support services, support groups, educational training, respite scholarship and information.

Nutrition

The Elderly Nutrition Program ensures nutritional meals for economically and socially challenged seniors, who may dine at any of 40 area congregate lunch sites or receive home meal delivery anywhere in Boston.

Community Service Advocates/Direct Services Unit

Through this unit, a myriad of services is available to Boston's senior community, among them emergency home health and well-being visits, government benefits and form preparation assistance, and tenant/homeowner issue support, as well as general information and referral assistance.

SHINE Program: Free health insurance counseling benefits, Oral and Dental screening and referral, The Mayors Pharmacy Plan and Fitness programs and Health information.

Notary Public

Free notary service is provided through The Elderly Commission to eligible residents. Please call in advance to schedule an appointment.

EMPLOYMENT AND VOLUNTEER

Seniors Training for Employment Program (STEP)

STEP is federally funded employment training program that empowers low-income seniors to rejoin the work force. Participants perform 20 hours of community service weekly in non-profit, business and government agencies while seeking unsubsidized employment. Please call (617) 635-4858 for more information.

Senior Companion Program

This program allows seniors to help other seniors by serving as one-on-one companions, helping with everyday life.

Retired and Senior Volunteer Program (RSVP)

The RSVP program enables seniors to make an impact with their skills and experience through one of the many meaningful volunteer opportunities available throughout the City of Boston.

TRANSPORTATION

Senior Shuttle

Free curb-to-curb rides are provided to non-emergency medical appointments, grocery shopping and other activities within the City of Boston. Please call (617) 635-3000 at least three days advance to schedule an appointment. Rides are scheduled on a first-come, first-served basis.

Taxi Discount Coupon Program

The Elderly Commission teams with the Boston Police Department Hackney Division to provide coupon books worth \$10 at a cost of \$5 per book for all taxis licensed by the City of Boston. Coupon books are available at Boston City Hall and at various sites throughout the city.

PUBLIC RELATIONS

Boston Seniority a Magazine Published 10 times a year

Boston Seniors Count TV show on BNN

Many FREE events throughout the year call us for information 617-635-4366

Be Prepared for Cold Weather

By Melissa Carlson, MS, RD

The Boy Scout motto is "Be Prepared." This same motto needs to be applied to our seniors in Boston for the coming winter season. There are many steps seniors can take to be prepared for a healthful winter.

Nutritious Food

Just because it is the winter season and no fruits or vegetables are growing locally you can still eat healthfully. There are many frozen fruit and vegetable options to help supplement and keep variety in your diet.

Cooking Styles

The wintertime is a great season to use your oven. Take this time to bake, broil or toast your favorite recipes. Casseroles are great to cook because they can be portioned into individual servings and frozen for later in the month. Try baking chicken or other meats in a new sauce recipe to add variety to your diet. Bake your favorite banana, zucchini or pumpkin breads.

Grocery Shopping

Go grocery shopping in advance before a severe winter storm or bad weather is predicted. Make sure to pick up frozen and/or non-perishable food

items. Pick up some frozen meals, meats, or vegetables. Pick up crackers, pasta's, and low salt canned foods. Being prepared is essential if you are not able to get out of the house for a few days. Make sure you have bottled water on hand.

Meals on Wheels

Seniors that receive meals on wheels are one step closer to being prepared for staying healthful during the winter months. These seniors have received several shelf stable winter storm packs in cases of emergency. The storm packs are to be used on days the nutrition program cannot deliver meals. In the days following severe storms seniors need to be patient with delays as roads get plowed and drivers maybe late delivering food.

Exercise

The winter months are not a time to slack off on your exercise routine. There are many exercises you can do in the privacy of your own home to stay strong. Find an exercise book, local class or an exercise program on television. See the article titled "Strength Training for the Young at Heart" for more information.

As savvy seniors you should take the initiative and prepare for the winter months. If you have any questions or need help during the winter storms call the Elderly Commission at 617-635-4366 or the Mayor's Hotline at 617-635-4500.

"Must Haves" for Winter Storms

Have on hand:

- *First Aid Kit
- *One week supply of medicines
- *Transister Radio
- *Batteries
- *Flashlight
- *Matches
- *Candles
- *Canned Foods
- *Can opener
- *Bottled Water
- *Extra Blankets
- *Mittens/Gloves
- *Socks
- *Boots
- *Salt/Sand

Mayor Thomas M. Menino, City of Boston
Commission on Affairs of the Elderly
**Seniors Training for Employment Program
(S.T.E.P.)**

Kenya Elisa-McLaren, Program Director
STEP into action this winter!

Are you 55 years or older? Low income?

Unemployed? Live in the City of Boston?

Are you ready, willing, and able to perform 20 hours of community service training weekly while looking for a permanent job?

You can earn minimum wage while training and doing job search!

We offer employment training and referral services for individuals who are unemployed and want to find a permanent job (full or part-time).

For more information and to determine eligibility, contact
Annette Richardson, Program Manager at 617-635-4858.

COME SLEEP WITH US!
Must be 55 or older to qualify

Brigham & Women's Hospital needs
healthy men and women 55 and older
to participate in a research study
on the effects of light on nighttime sleep.

Participants will spend 13 consecutive
days and nights at our facility.

Receive up to
\$2,408

Call Aaron at (617) 732-7294
sleep@rics.bwh.harvard.edu

Senior Discounts

BANKS

Most banks offer a senior discount plan of some type. It is a good idea for you to contact your individual bank to learn what is offered to you. A typical package offered locally is usually free checking for seniors under specific conditions.

TRAVEL

Many reliable agencies and organizations target the 50-plus market. Elderhostel (tel. 877/426-8056; www.elderhostel.org) arranges study programs for those 55 and over (and a spouse or companion of any age) in the U.S. and in more than 80 countries around the world. Most courses last 5 to 7 days in the U.S., and many include airfare, accommodations in university dormitories or modest inns, meals, and tuition.

Carnival Cruise Lines \$25-200 off 1-800-88-RELAX

RECREATION

Outdoor attractions, such as the Holocaust Memorial and the Arnold Arboretum, are always free, as are the Boston Athenaeum, Boston Public Library, Bunker Hill Monument, Frederick Law Olmsted National Historic Site, Museum of Afro-American History, State House and Symphony Hall tours, and the USS Constitution. You can find discounted nights at the following museums: Children's Museum (\$1 admission Fri. 5-9); Institute of Contemporary Art (free Thurs. 5-9); and Museum of Fine Arts (free Wed. 4-9:45).

The U.S. National Park Service offers a Golden Age Passport that gives seniors 62 years or older lifetime entrance to all properties administered by the National Park Service -- national parks, monuments, historic sites, recreation areas, and national wildlife refuges -- for a one-time processing fee of \$10, which must be paid in person at any NPS facility that charges an entrance fee. For more information, go to www.nps.gov/fees_passes.htm or call tel. 888/GO-PARKS.

TRANSPORTATION

In order to pay a reduced senior fare on MBTA buses, trains, rapid transit, trackless trolleys, commuter rail, and commuter boat, you must obtain an MBTA Senior Citizen Photo ID Pass. All persons 65 and over are eligible for the Senior Pass. The MBTA Senior Pass entitles you to pay 25 cents on local buses and trackless trolleys, 35 cents on the subway and half of full fare on express and zoned buses, commuter rail and commuter boat. You can pick up a pass in person at the Office for Transportation Access (OTA) at Back Bay Station or order a pass by mail. Office hours are Monday through Friday, 8:30am - 5:00pm (closed on holidays). Call 617-222-5438, 617-222-5854 (TTY).

MISCELLANEOUS

Movie Theater:

AMC Entertainment, Inc.- For those 55 and older a \$2 off full price admission to their movie theatres.

Eye Glasses:

Pearle Vision offers discounts on eyewear that increase with age.

Lens Crafter Glasses offers a 10% discount if 62 or older.

Mayor's Advisory Council Holiday Party



The Mayor's Senior Advisory Council meet on December 2nd in room 801 of city hall for their annual Holiday party! The party was complimented by a variety of good food from many ethnic backgrounds. We feasted on the traditional turkey and sandwiches to more unique foods like Somalian beef and vegetables (from our Somalian neighbors at Central Boston Elder Services), and Carmen Pola's succulent Latino style roast pork! **Thank you to everyone for making this party so much fun!**

Elderly Commission's 30th Annual Craft and Health Fair a Success!

Every year, Boston seniors and city employees alike enjoy browsing the sixty plus tables set up for the craft and health fair. Seniors come by van full to find bargains and get their holiday shopping done. In addition to the many craft and gift tables, the Boston Public Health Commission was on hand to provide shoppers with flu shots, vital sign checks and winter health advice. Hats off to Gloria Rice for coordinating and overseeing another successful craft and health fair.



Letters to the Editor

Please submit letters to;
Seniority Editor;
RM 271
Boston City Hall,
Boston MA, 02201

Dear Elderly Commissioner
Eliza Greenberg,

The Grandparents Luncheon on October 8, 2005 at the Seaport Hotel was wonderful. We sure do have the best mayor here in the City of Boston. Mayor Tom Menino really is a regular fellow he always does so much for the people of all ethnic groups. I liked what the Mayor had to say about grandparents. He said, "they love their grandchildren and

they are the ones who teach the grandchildren about heritage." How true.

My mother always told her grandchildren how blessed they were to be born in the United States of America. My Mom struggled on reading and writing but she learned because she wanted to become an American citizen. In addition to learning how to read and write, Mom also had to learn how to pronounce and identify important politicians who were in office at that time. We used to tease her because she always had a hard time pronouncing Senator Wigglesworth. Nevertheless, she became a grateful and happy American citizen.

Back to the luncheon, it

was elegant and the food was excellent especially the chocolate mousse. The chocolate mousse served in the fancy glasses was a hit! Charles Mohammed, the disc jockey, did a great job entertaining the seniors.

All of the ladies from Readvillie Seniors had a wonderful time. I wanted to send a letter of thanks for allowing us to spend a wonderful day with Mayor Menino and his wife Angela. I also wanted to thank all of the staff from the Elderly Commission who arranged and accommodated all grandparents. A huge THANK YOU to Mayor Menino!

**From the Readville Seniors,
Alice Palumbo**

Want to win a dinner for two in the North End?

Enter our free raffle!

Complete this form and send it by mail or fax to:

Marie Barry, Room 271 Boston City Hall, Boston, MA 02201 Fax: 617-635-1922

Raffle will be drawn on January 5th 2006. We will call the lucky winners!

Name:

Telephone Number:

Address:

Do you read Boston Seniority Magazine?

Suggestions on how to improve Seniority Magazine?

How do you receive seniority magazine?

Do you know who publishes Boston Seniority?

TRAVEL

Up for an Adventure?
Tired of the same old vacation?

Avalon Water ways is a Travel company offering discounted vacations to people over 60. This company specializes in River way Cruises a popular trend in all inclusive vacationing.

You may chose from European, Asian and Russian river ways to explore. Boats are smaller than the average cruise ship, offering an intimate travel experince.

Avalon Waterways is pleased to participate in the "AARP Passport powered by Travelocity" which includes a growing list of member benefits. As a part of this program, AARP members save \$100 per person off the price of any of our river cruises itineraries.

Contact information

Avalonwaterways.com

Toll free:

1-866-755-8581

Travel consultants are available to assist you
Monday - Friday

RECIPE CORNER

Please submit your favorite recipes to
Teresa O'Connor

By mail:

Room 271 Boston City Hall
Boston MA, 02201

By Phone: (617)-635-2713

By email: Teresa O'connor@cityofboston.gov

Baked Apples

Ingredients:

6 apples
raisins
1 cup of water
1 cup of brown sugar
1/2 tsp of cinnamon
1/2 tsp nutmeg

Directions:

Core apples and peel top. Fill hole with raisins. Heat water in saucepan with brown sugar, cinnamon and nutmeg until boiling. Pour sauce over apples. Batke at 350 degrees for an hour bast-ing every so often.

Extra: serve with vanilla ice cream

Grandma's Gingerbread Cookies

Ingredients:

1 pt. molasses
1 c. lard
7 tbsp. cold water
1 tbsp. soda
1 tbsp. ginger
2 tsp. cinnamon
1/4 tsp. salt

Directions:

Flour enough to make a thick dough (like pie crust) so you can roll out to cut cookies. Place on cookie sheet and bake about 10 minutes at 350 degrees. **FOR GINGERBREAD:** Same recipe only use about 3/4 cup lard and use only enough flour for consistency of a thick cake batter. Bake about 30 to 35 minutes at 350 degrees. Test with toothpick for doneness

VOLUNTEERS NEEDED
For
SENIORS COUNT

MAYOR MENINO

&

The Commission on Affairs of the Elderly

Is conducting Seniors Count

a door to door person to person

OutReach Initiative

to assess needs and Inform Boston Seniors

of Services available to them

If you would like to Volunteer

to help us in our

efforts please call us at

617-635-4366